



JFSAP UPDATE



Volume 1, Issue 1

February 2009

Message from AL ARNG Family Programs CW5 Steve Missildine, Dir.

As a Joint Force Directive from DoD, the services available from the JFSAP initiative are available to all military.

JF HQ is pleased to be taking a lead role in this effort in Alabama, with the majority of the JFSAP providers housed in the AL ARNG Family Programs offices.

As the state POC for JFSAP, I have had the opportunity to see first hand the excellent services that are available to each and every AL ARNG family. Should the need arise, I encourage you to make yourself available to these resources. Contact information for each service provider is included in this JFSAP Update.



What is JFSAP?

The FY-07 Defense Authorization Act, Sec. 675, required the Department of Defense to implement a Joint Family Support Assistance Program (JFSAP) for families of members of the Armed Forces in six locations, up to three of which are geographically isolated from an installation, to provide:

- Financial and material assistance,
- Mobile support services,
- Sponsorship of volunteers and family support professionals for the delivery of support services,
- Coordination of family assistance programs and activities provided by *Military OneSource*, Military Family Life Consultants, counselors, the DoD, other federal agencies, state and local agencies, and non-profit entities.

JFSAP augments existing family programs to provide a continuum of support and services based on member and family strengths and needs and available

resources. The primary focus of support is families who are geographically dispersed from a military installation. Services are delivered in local communities through collaborative partnerships with Federal, State, and local resources.

Key Features

JFSAP partners with military, state and local resources to:

- Assess needs
- Identify resources & address gaps
- Enhance/build community capacity
- Facilitate an integrated service delivery system and a community of support and outreach for military families
- Provide outreach to families to inform them about available resources

**AL Joint Family Support Assistance Program
1730 Congressman W.L. Dickinson Drive
Montgomery, AL 36109-3711**

Military OneSource is pleased to announce that beginning Monday, January 19, 2009, we began once again to provide free tax consultation and filing services to military service members and their families during the tax season. As in the three previous years, users will have free online access to the TaxCut Basic program.

A brief overview of the program:

* Users must register for Military OneSource and log on to the site for access to the online TaxCut program. A separate logon for the TaxCut site is required.

* Those eligible for the program are active duty, Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, DoD employees working in support roles (Army Community Services, Fleet & Family Services, Family Support Center, Marine Corps Community Services), and severely injured service members or family members handling their affairs.

* Participants will have free access to the H&R Block Basic TaxCut program.

* Participants can e-file one state resident return for each federal return that they e-file with TaxCut Online.

Find out more about the program by visiting the Military OneSource Tax page!



Military OneSource Offers FREE

Tax Consultation and E-Filing

- Maximize your refund
- Simple, easy process
- Use your tax refund wisely – *save and pay off debt!*

Visit
www.MilitaryOneSource.com
to file your federal and state taxes.

You name it. We can help – 24/7!

Alabama JFSAP Contacts

AL ARNG Youth Program Coordinator

Kelli Hill (334) 271-8194
 Kelli.R.Hill@us.army.mil

American Red Cross

Donna Jamkochian (334) 260-4019
 Jamkochiand@USA.redcross.org

Military Family Life Consultants

Betsy Houser, LCSW (256) 679-7427
 Betsy.Houser@MHN.com

Patricia Dumas, LCSW (334) 782-5810
 Patricia.Randich-Dumas@MHN.com

JFHQ JFSAP POC

CW5 Steve Missildine, Director
 AL ARNG Family Program Office
 (334) 271-7283
 steve.missildine@us.army.mil

Military OneSource Consultant

Mary Pickett (334) 652-8447
 Mary.Pickett@militaryonesource.com

Operation: Military Kids Coordinator & 4-H Military Liaison

Charlene Hines (334) 734-2336
 hinescm@auburn.edu

OMK Youth Program Specialist

Paul Morton (334) 290-4714
 paul.morton3@us.army.mil

Transition Assistance Advisor

Dianna Northam (334) 320-6085
 Dianna.J.Northam@us.army.mil



Military Family Life Consultants (MFLC)

M - Mobile

F - Free

L - Licensed Counselors

C - Confidential

MFLC: Military Family Life Consultants, in addition to the role of building/enhancing community capacity, provide non-medical, short-term, solution-focused counseling services to individuals, couples, families, and groups. Counseling support is confidential except in situations that yield “duty to warn” awareness. MFLC’s also facilitate educational groups addressing life skills and military lifestyle topics.

Child and Youth Behavioral (CYB)-MFLC: Provide outreach to families with children to offer parenting and child development education, non-medical counseling and referral, and raise family and community awareness about the effects of deployment and reunification on children and youth.

As Alabama based Military Family Life Consultants (MFLCs) **Betsy Houser** and **Patricia Randich-Dumas** are available to provide non-medical, short-term, solution focused counseling services to members of the Active Duty, National Guard and the Reserve Components, and their families as they cope with deployment, reintegration and other military lifestyle stressors.

MFLC Matters

Governor Bob Riley has decreed February to be dedicated to Healthy Families and we would like to offer some useful hints from the book [Long Distance Couples: An Activities Handbook For Strengthening Long Distance Relationships](http://www.longdistancecouples.com) available at www.longdistancecouples.com. Healthy Marriages are rooted in friendship, but any good friendship is strained by stress and distance. Whatever phase of the deployment cycle you are in, the idea of “long distance” is always present. Try some of these activities.

- Before you leave, hide a special gift. Send clues to the location by letter, texting or drawing a map.
- Change the computer screen saver to a loving message or picture of you.
- Ask 5 people who have been married for more than 30 years what they do to show each other their love. Try using a few in your relationship.
- Write a list of all the reasons you fell in love and send the list to him/her.
- Have a weekly date night (even when you are apart)
- Call when you are watching a sun set or a moonrise.
- Write a monthly thank you note to him/her.
- Send a list of your favorite jokes.
- Send a newspaper clipping about his/her favorite team.
- Plan a garden that you can plant together when reunited.
- At least once a week eat together over the phone.
- Send your favorite memory in picture or in words.
- Have a star officially named after him/her. Call 1-800-282-3333.
- Read a book together.
- Visit a museum together (on the web)
- Continue to make a daily effort to strengthen your relationship!

Betsy Houser, LCSW (256) 679-7427
Betsy.Houser@MHN.com

Patricia Dumas, LCSW (334) 782-5810
Patricia.Randich-Dumas@MHN.com



“Service to the Armed Forces”

The American Red Cross (ARC) has dedicated staff to JFSAP to provide Service to Military Families. These services include:

- ◆ Liaison between the JFSAP Team and ARC Chapters
- ◆ Coordinates with chapters to ensure community awareness/access to ARC services to the military community to include:
 - ⇒ Emergency Communications
 - ⇒ Access to emergency financial assistance through military aid societies
 - ⇒ Casualty Travel Assistance Program (CTAP)
 - ⇒ Wounded Warrior and Outreach to Military Hospital Programs
 - ⇒ Volunteer opportunities for spouses and other family members,
 - ⇒ Training support to military families in areas such as First Aid/CPR, Psychological First Aid for Military Families, Pet First Aid, Swimming, Babysitter and other courses
- ◆ Facilitates meetings between chapters and interested community agencies to address needs & identify resources to support military families
- ◆ Facilitates information and referral capabilities of chapters
- ◆ Facilitates Military Family Life Consultants using chapters for meetings with military family members

- NEW COURSE AVAILABLE -

Coping With Deployments: Psychological First Aid For Military Families

What is it?

A course developed by the American Red Cross specifically to address the stress and strain of deployments on family members of those in the military. The Red Cross worked closely with subject matter experts from all branches of the service (Army, Navy, Air Force and Marines), as well as National Guard and Reserve components, to compliment what is in their courses for service members.

What will I learn in the course?

The course provides significant information on Resiliency strategies for adults and children, as well as explaining the steps in performing PFA for others under stress. It has an Adult Section, a Children's Section and a significant Resource and Referral Section.

How long is the course and how much does it cost? The course lasts 4 hours when taken in one session but can be broken into an Adult module which lasts 2 ½ hours or a Children's module which lasts 1 ½ hours. **There is no cost for those who attend** and, as with all Red Cross courses, it will be taught in a confidential environment.

Who teaches this course? The course is taught by actively licensed Red Cross mental health professionals who have been specifically trained to teach this course.

Who can take the course? Family members of Reserve, National Guard, and active duty service members to include spouses, older children, parents, siblings, and significant others, as well as service members who take it with their family. Veterans and their family members are also eligible to take the course. *It is not available to the general public.*

Why this course? It is the only national level course specifically designed for military family members, including parents and significant others, that bridges all lines of service and provides hands on tools to help families cope with deployments.

Can my Family Readiness Group have the whole course or parts of the course taught to it?

Yes it is available to be taught at Family Readiness Group meetings, Family Day events, briefings prior to, during and after deployments and at other activities as requested.

Is the course available where I live?

The program is currently available in Alabama.

How can I or my group sign up to take the course?

Contact your local Red Cross chapter or the Red Cross JFSAP liaison list on page 5 for more information. To find your local Red Cross Chapter look in your local Yellow Pages or go to <http://www.redcross.org> and enter your zip code under “Your Local Red Cross” on the right side of the page.

For more information, please contact:

Donna Jamkochian, Manager
(334) 260-4019
Jamkochiand@USA.redcross.org

UPCOMING PROGRAMS

Coping with Deployments

Madison-Marshall County Red Cross

27 Feb 2009 0830-1230

To Register

Contact Tasma at (256) 536-0084 Ext. 314

OPERATION: MILITARY KIDS



The purpose of Operation: Military Kids (OMK) is to help create community support networks for military youth “in our own backyard” when Soldier parents are deployed. OMK’s goal is to help children of military family’s access and connect with recreational, social, and educational programs for military youth living in civilian communities.

Additionally, OMK collaborates with schools to ensure that staff is attuned to the unique needs of military students whose parents are deployed. On a larger scale OMK strives to educate the public on the impact of the deployment cycle on Soldiers, their families, their children, and the community as a whole.

OMK has a Joint Force directive which insures that it focuses on providing support and programs to children of military families regardless of branch or component. However, the OMK program has also been directed to provide support to those children of the military who are “geographically dispersed.” Approximately 76% of the 34,781 children identified as being from military families in Alabama live outside the four largest cities in the state.

Operation: Military Kids provides four core programs directly. These programs include:

Ready, Set, Go! (RSG) Training.

Speak Out for Military Kids

Mobile Tech Lab Events

Hero Packs Project

For detailed information about these core programs, please go to <http://www.operationmilitarykids.org/public/home.aspx>. For information specific to Alabama, click on “State Information”, and then click Alabama on the map!

OMK Alabama also has Youth Camp Opportunities planned for 2009, with one currently scheduled. This event is set for June 22-27, 2009 at the beautiful 4-H Center in Columbiana, AL. For registration information, please contact Ms. Charlene Hines, OMK Coordinator at (334) 734-2336 or hinescm@auburn.edu.

Operation: Military Kids is an outgrowth of the 4-H/Army Youth Development Project, thus it is a collaborative effort of a number of national partners whose focus is to provide positive support and opportunities for children of the military. These national partners include:

- ◆ **U.S. Army Child, Youth & School Services**
- ◆ **4-H**
- ◆ **Military Child Education Coalition**
- ◆ **Boys & Girls Clubs of America**
- ◆ **American Legion**
- ◆ **National Association of Child Care Resource & Referral Agencies**

For assistance in finding out more about these organizations in your communities please contact Charlene Hines or Paul Morton.



The Alabama National Guard Child & Youth Program is committed to supporting our service members and their families. An integral part of the family structure is the youth.

The National Guard Child & Youth Program is a support program that targets all Alabama National Guard Youth. This program helps young people deal with various issues such as pre-deployment, separation, redeployment, and reunion. As we continue to deploy the men and women of the Alabama National

Guard, it is important that we know and address the needs of our youth.

Our Youth Are Not Alone!...

With education and information, the purpose of the Alabama National Guard Youth Program is to encourage communication within the family during deployment and support the emotional, social, and academic needs of Alabama National Guard youth. It is designed to enrich the lives of military youth through meetings and social activities with other guard youth.



Activities, such as weekend workshops, youth symposiums, Biscuits Baseball, fun days, and Youth Connection all provide youth a fun and safe environment where they can connect with other youth who may be experiencing the same difficulties during deployment.

Contact Info:

Child & Youth Program Coordinator
Kelli Hill
kelli.r.hill@us.army.mil
Alabama National Guard
Family Program Office
1730 Cong. W. L. Dickinson Drive
Montgomery, AL 36109
Phone: (334) 271-8194
Toll Free 1-800-231-2846